

Make and Taste *Inari-zushi* (Sushi Pockets)

Program Objectives:

Through participation in this workshop, students will:

- Learn about the wide variety of tofu eaten in Japan today
 - Learn what tofu is made of and how tofu is made
- Make and taste their own *inari-zushi* (pockets of rice and thin fried tofu)
- Try using chopsticks

Program Length & Outline: 20 – 25 minutes

- Program Orientation (2 minutes)
- Introduction to Tofu (5 minutes)
- Demonstration of how to make *inari-zushi* (3 minutes)
- Making *inari-zushi* (10 minutes)
- Tasting/Wrap-up (5 minutes)

Room Set-Up:

- Table in front for teaching materials and on which to demonstrate
- Tables for workshop participants
- Sink for washing hands
- Trash cans

Materials and Preparation:

- *Inari-zushi*-making ingredients:
 - Pre-cooked *Inari-zushi* skin: Thin fried tofu pockets (pre-seasoned)
 - Cooked Japanese white rice
 - Sweet pickled ginger for garnish (if available)
 - Sesame seeds (if available)
- Paper plates
- Paper towels and napkins
- Wet Wipes (especially if there is no sink in the room)
- Chopsticks
- Sanitary cleaning detergents

Procedures:

<i>Introduction to Tofu (5 minutes)</i>

- Ask workshop students if they know **what tofu is**, what it is made of. Show the pictures of soybean plants.
 - Tofu is made from soybeans, which are full of protein, fiber, and minerals. There is not much fat. Soybeans are very healthy.
- Explain **how tofu is made**.
 - Summary: Soybeans are soaked in water overnight; ground up to separate soymilk and *okara* (Soy pulp); *Nigari* (Magnesium chloride: one of the essences came out of sea salt) is added to the soymilk to help it solidify; poured into molds; water squeezed out; cut into smaller squares.

- Show different kinds of tofu. Ask about which types of tofu they have eaten before, or are familiar with. & show pictures of the some **example tofu dishes**.

Demonstration of how to make Inari-zushi (3 minutes)

- Have a **sample of inari-zushi** already made and show this to students.
 - Explain: *Inari-zushi* is a type of sushi, which uses tofu (thin fried tofu) instead of fish. People in Japan do not eat sushi everyday. Normally sushi is eaten on special occasions. *Inari-zushi* is often eaten on occasions such as field trip lunches, festival lunches, party foods, or family get-together meals.
 - What makes sushi sushi is the rice: it is made with vinegar, and once cooked, is cooled rapidly by tossing in a big wooden tub. There is a special chewy texture and glossy sheen to sushi rice that is different from other types of rice.
- **Demonstrate** at the front table how to make *inari-zushi*:
 1. Explain the procedures for cooking the ingredients that you did ahead of time:
 - a) Making rice: Normally, the cooked rice is mixed with vinegar, sugar, and salt. Today, only using simply cooked rice.
 - b) Making *inari* pockets: Normally, the thin fried tofu is cooked with soy sauce, sugar, and rice wine. Then it is cut in half, which makes a pocket. Today, using pre-cooked *inari* pockets.
 2. Open a piece of fried tofu so that a pocket is formed. Hold it in one hand.
 3. With the other hand, take a small portion of rice and stuff it into the pocket.
 4. Place open side down on a plate. Garnish with sweet pickled ginger. Done!

Making Inari-zushi (10 minutes)

- Have students **wash their hands** or use Wet Wipes. Then, sit at tables in small groups.
- **Bring to each table**, the following:
 - For each student: a plate, napkin, and pair of chopsticks
 - One plate of cooked rice, with a spoon, for whole table
 - One plate of cut thin fried tofu for whole table
 - Small plate or bowl of sweet pickled ginger, with a spoon, for whole table.
 - For parents who are concerned: a list of ingredients for pre-seasoned thin fried tofu and pickled ginger.
- Have the students **make their own inari-zushi**.
- Then have everyone **taste** their creations.

Tasting/Wrap-up (5 minutes)

- Ask them if they like *inari-zushi* & quickly review what they learned today.
 - What is tofu made of?
 - What types of tofu are there?
 - What type of tofu is used for *inari-zushi*?

HOW TO MAKE *INARI-ZUSHI* (SUSHI POCKETS)

INGREDIENTS (4 servings)

- 28 oz sushi rice (See Sushi Rice, below)
- 10 squares thin fried tofu
- Simmering sauce:
 - 1-2/3 cups *dashi* soup stock
 - 3 Tbsp sugar
 - 1 Tbsp *mirin* sweet liquid or sake rice wine
 - 3 Tbsp soy sauce
- Sweet-pickled ginger

1. Cut the thin fried tofu squares into halves.
2. Carefully open the tofu from the cut side to make pouches.
3. Parboil them to remove excess oil, drain, and pat dry.
4. Combine the simmering sauce ingredients in a pot, and bring to a boil.
5. Add the rectangles of fried tofu, cover with a drop-lid, and simmer over medium heat until most of the sauce is gone.
6. Let stand to cool.
7. Squeeze out tofu pouches lightly, and stuff with sushi rice.
8. Arrange on plates with the sweet-pickled ginger.

SUSHI RICE**Ingredients**

- 12-2/3 oz rice
- 19 oz water
- 2-inch square *konbu* (kelp) if you want
- Sushi vinegar:
 - 4 Tbsp rice vinegar
 - 3 Tbsp sugar
 - 1-1/2 tsp salt

1. Wash rice carefully, drain in sieve, and let stand for 30 minutes.
2. Place rinsed rice, water, (and *konbu*) in a pot and cook rice.
3. Stir together all sushi vinegar ingredients.
4. Transfer hot rice to larger bowl. Pour sushi vinegar over, and mix rice by cutting across it in a fast slashing motion, then cool it by fanning.